

## Abstract of the Disclosure

A system is provided based on user equipment such as a set-top box or computer with which an interactive television program guide is implemented.

- 5 The system may gather information on the television viewing and music listening habits of a user and the user's interactions with the program guide. The user may adjust settings in the interactive television program guide. When the user equipment is turned on, 10 the interactive television program guide may automatically tune the user equipment to an appropriate digital music channel or television channel. This channel may be selected based on the user's television viewing habits, music listening habits, the user's 15 interactions with the program guide, or the settings selected by the user. Information on the user's interests may be stored in a history database. The information in the history database may be used to generate television program reminders for the user.